

# Curried Potatoes

**Makes:** 6 servings

Serve these flavorful potatoes with roasted chicken and a salad for a filling and tasty dinner.

## Ingredients

- 1/4 cup** margarine or butter
- 1** onion (small, finely chopped)
- 3 cups** potatoes (cubed)
- 3/4 cup** chicken broth
- 1/2 tablespoon** curry powder
- 1/2 tablespoon** lemon juice

## Directions

1. Peel the onion, and chop it into small pieces.
2. Peel the potatoes, and chop them into 1 inch cubes.
3. Boil the potatoes in a medium saucepan until they are soft. Drain off the hot water.
4. Add ice cold water to cover the potatoes.
5. Melt the butter on medium heat in a frying pan or skillet.
6. Cook the onion in the butter until it turns yellow.
7. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the butter.
8. Add the broth, curry powder, and lemon juice.
9. Cook until the potatoes have absorbed the broth.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>260 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	